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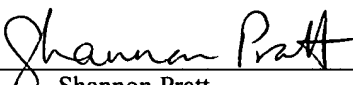
THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant: Forrest Phillips
Serial No.: 09/819,256
Confirmation No.: 2099
Filed: March 27, 2001
For: SLIDING EXERCISE APPARATUS AND
RECREATIONAL DEVICE

Examiner: Fenn C. Mathew
Art Unit: 3764

CERTIFICATE OF MAILING UNDER 37 C.F.R. §1.8(a)

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Shannon Pratt

MAIL STOP RCE
Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

AMENDMENT

Sir:

In response to the Final Office Action mailed December 8, 2005, please amend the above-identified application as follows:

Amendments to the Claims are reflected in the listing of claims that begins on page 2 of this amendment.

Remarks begin on page 16 of this amendment.